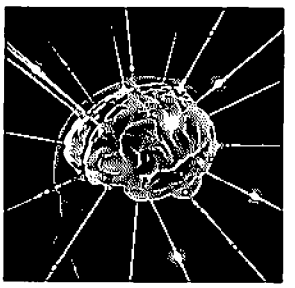
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Adjusting the Mind Seminar
Dr. Mark Schillinger, DC
1050 Northgate Dr. #1
San Rafael, CA 94903

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What other DC's are saying about *Adjusting the Mind*

"Thanks for the Stoke and battery charge. You're a Bright Light in this remarkable realm. You taught the best technique I know of: stepping into and relating chiropractic to a larger context. You're the King!" -HB

"Adjusting the Mind was entertaining, energizing and informative. Just what I needed. Thank you!" -LM

"The integration of science, yoga and chiropractic was excellent." -HM

"The material was awesome, riveting and practical! The background music had me feeling alive. I enjoyed all of the scripts you gave us to use with our patients. This seminar is probably the prototype of seminars to come where we learn to bring the true philosophy and gift of chiropractic." -ES

"I am so glad that this seminar is available for continuing education credits. We need to have more seminars like this. It was wonderful!" -MH

This program has been approved by the California Board of Chiropractic Examiners
for 12 Hours of Continuing Education Credit

Sponsored by California Chiropractic Association

Adjusting the Mind

Stress Management for Mental Subluxations

80% of All Illness is Stress Related! Deepak Chopra, Andrew Weil and other doctors are successfully using wellness principles and practices that were illuminated by chiropractors a century ago! This unique workshop will give you direct experiences of Universal Intelligence and then teach you how to convert your innate insight into stress management strategies in 1 - 3 minutes per office visit. You'll learn how to reduce your stress and rejuvenate your patients while helping them improve their physical and mental health, resulting in greater retention through deeper connection.

Agenda Topics

I) **Understanding Stress and It's Harmful Effects**
A review of the research showing how stress causes physical and mental illness and how we can use innate intelligence to immunize ourselves

2) **Developing Your Personal Wellness Perspective**
Transforming your highest virtues and core values into positive beliefs and productive behaviors

3) **Teaching Stress Management to Patients**
Communicating the importance of stress reduction in the consultation, exam and report of findings

4) **Implementing the Stress Management Techniques**
Teaching patients stress reduction in 1-3 minutes at each visit, without changing your adjusting technique

5) **Mastering a Wellness Lifestyle**
Implementing 12 restorative routines that can increase vitality for anyone, anywhere and at anytime

6) **Distinguishing Yourself as the Stress Management Expert**
Incorporating nutrition, meditation, yoga, biofeedback, Pilates, guided imagery, time management and self inquiry

7) **Becoming a Lifestyle Mentor**
Providing wellness workshops, health fairs, nutritional counseling and lifestyle coaching sessions

8) **Relax the Mind and the Body Will Follow**
Skillfully blending stress management techniques with your chiropractic adjusting technique for better results

Adjusting the Mind fuses the original chiropractic philosophy with modern science and ancient wisdom to decrease stress and increase health for you and your patients

Fees
$270 - Pre Registration ($60 discount for repeat attendees)
$290 - On Site Registration
$130 - Students, Spouses, CAs & Non Professionals
Seminar Hours: 8 A.M. - 9 P.M. (1 DAY) 11 A.M.-6 P.M. & 9 A.M.-2 P.M. (2 DAY)
To Register: Call (415) 491-0959 or visit **www.adjustingthemindseminar.com**

"I loved the whole thing. Your generousity, grace and humor were great! Deepak Chopra and Andrew Weil watch out!"
Meredith Rudof

"The presentation was a mind blower. I am deeply moved by his presence. Mark keeps an open, safe space for doctors to comfortably explore their healing potential. The music was excellent!"
Herb Akers, DC

"I have studied with many teachers including professional speakers. Dr. Mark rates up there with the best I have ever heard."
Michael Aaron, DC

"Mark is the love child of Woody Allen and Albert Einstein. I appreciated the attitude, humor and ownership of content exhibited by Mark."
Mark Bernhard, DC

"You connected us all and your message was motivating. Spread your word throughout our profession so that we may all thrive and prosper."
Leslie Hewitt, DC, Director, CCA-Contra Costa County Chiropractic District

"His presentation was a breath of fresh air. He energized the doctors and was a very good motivational speaker. He will definitely be invited back!" Leonard Natto, DC, Arkansas Chiropractic Association



Dr. Mark Schillinger is an authority on stress management and personal growth. He has been practicing chiropractic for 26 years. As a workshop leader and consultant he has helped thousands of people move closer toward realizing their true potential. He has spent three decades organizing the principles of Eastern philosophy, transpersonal psychology, quantum physics and practice management into a chiropractic stress management delivery system. His workshops feature a holistic style of teaching including laughter, live music, PowerPoint, discussion, role playing, informative handouts and storytelling.

Upcoming Dates

July 21st, 2012
Manhattan Beach Marriott
Manhattan Beach, CA

August 25th, 2012
Holiday Inn Capitol Plaza
Sacramento, CA

October 27-28, 2012
Four Points Sheraton
San Rafael, CA

December 1, 2012
Hilton La Jolla
San Diego, CA